



# How to Balance Work and Seeking Knowledge

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بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

In the name of Allah, The Most Gracious, The Most Merciful

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Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team  
and have not been comprehensively checked  
by a teacher.

If you find any errors or corrections that need  
to be made, kindly inform us via our email  
**helpdesk@amauacademy.com**

May Allah make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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# Introduction

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*Chapter One*

How to balance work with seeking knowledge is an important topic because many of us have the zeal for seeking knowledge, but we also have responsibilities e.g. providing for the family, taking care of business, etc.

There are certain tips that can help one in this journey. One of the key factors is having the right mindset. How serious are we in wanting to become dedicated seekers of knowledge?

***This approach is for someone who wants to be a dedicated seeker of knowledge no matter their condition. This requires sacrifices to be made.***

Another tip is that one should be focused, serious, and consistent in seeking knowledge. A student of knowledge with a good foundation knows the basics of every field in Islam like Aqidah, Hadith, Usool-ul-Fiqh, Tafsir and their likes. This can be achieved by showing perseverance. There are people who achieved this, and among them are Doctors, Businessmen and even sisters who are busy taking care of their households. They started off with nothing, but now they have a solid base in knowledge.

At the same time, there are people who have all the time in the world, yet they fail to seek knowledge. Even people who are studying in Madina full time might be in this state. **So it depends on how focused and serious we are in regards to achieving our goals.**

# The Best Time to Seek Knowledge

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*Chapter Two*

The best time to seek knowledge is a subjective question and depends on the individual. It also depends on what is being talked about, such as memorisation, revision, audio and video content, etc.

**Ideally, it is best to utilise the time before Fajr. One should invest this time only for seeking knowledge after praying Qiyam. This is the Golden hour for a lot of people.**

One can also use the time to listen to audio or video material while commuting to work, but that depends on what environment the individual is in.

One can also utilise the free time they have during work, be it lunch breaks or even short breaks. This also depends on what type of job the individual is working on.

Depending on how tired one is, they can even use some free time after coming back home from work without neglecting the rights of the family. Cutting out sleep for the sake of knowledge is not gonna work because we might end up concentrating less or worshipping Allah [] in a subpar state.

After figuring out the different time slots one has, they should look for what time is ideal for memorisation and understanding because this requires attention.

Some people assume that they will only be able to seek knowledge on weekends, but in reality, they have a lot of time at their disposal. A proper knowledge seeker should utilise all the time they have. **They should also make sure to rest with the intention of strengthening themselves to seek knowledge or complete other tasks.**



# **Skills Needed to Seek Knowledge**

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*Chapter Three*

There are three skills that one needs to master in order to seek knowledge efficiently and to balance work and seeking knowledge.

## 1 The Ability to Understand

This skill plays a crucial part in the journey of a seeker of knowledge, even more than memorisation. This is the phase where we read something for the first time and then analyse and recall what was studied by training our minds from the source and from the top of our heads.

The ability to fully understand cannot be done while driving or being occupied by something else. Rather it requires utmost concentration and no distractions. Choose the best time slot for this element, and ideally, it is before or after Fajr for a number of people.

## 2 The Ability to Memorise

There are different levels when it comes to memorisation.

- 1 The first type of memorisation requires full attention and precision. An example is the memorisation of the Quran. Memorisation also requires attention and a silent environment, so choose the best time for memorisation as well. If the person is short on time, they can alternate between memorisation and understanding.
- 2 The second type is memorising different texts which do not need a lot of work or attention. An example is if the person studies theology and they only need to memorise a small set of verses to remember what they studied. In this case, one can try to understand the key points and mark the memorisation for later.
- 3 The third type is memorising what we have understood. An example is if the person is studying Fiqh and specifically the Awrah of the woman, they know that it is covering every part of the body except for her hands and face. If they also understand that there is a difference of opinion in regards to the feet, they can easily remember those small aspects. This does not require complete attention and comes as a by-product of the skill of understanding.

In summary, the seeker of knowledge should choose the best time for each of these categories.

# Contemplating and Choosing the Right Dars

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*Chapter Four*

## 1 The Ability to Contemplate

This skill is not related to understanding. This is about contemplating what the individual has learnt in a day and thinking about what they have studied subconsciously. This helps strengthen the ability to understand as a consequence of pondering over a given topic. This also helps to retain the information and even understand it better. Timing-wise, this can be done anytime e.g. driving.

## 2 Choosing the Right Dars

Nothing is better than sitting with scholars on a personal level, but sadly this is not possible for many people. Even if they travel, they will have to sit with others in the lecture. Hence, they might not get access to the Scholar for some personal time. Nowadays, there are platforms which give individuals direct access to scholars. This was not available in the previous years. Make the best use of such opportunities and choose someone who is qualified to teach and has the proper methodology based on the Quran and Sunnah.

Listening to any recorded lecture will not work because there are no people to motivate you, and you do not have access to the teacher. This will make the student feel lost, and they will end up wasting a lot of time. Whereas during a live lecture, there are other students to motivate you and go through the same struggles as you. Live classes also allow you to ask questions directly to the teacher.

It is important to feel connected to the teacher and choosing the right Dars. It is not possible to have the best Scholar teaching all the classes but try to find someone who is better than you in knowledge, whom you can trust and benefit from as much as possible.

# Making a Schedule

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*Chapter Five*



***The main challenge is to fit all the information around our daily schedule.***



An important point to note is that one should avoid seeking too much knowledge at once and not understanding. Taking things bit by bit is more beneficial and effective than consuming all of it at once and not having the proper understanding.

One big tip is that you should know when your golden hour is. It can vary from person to person, but ideally, it is before or After Fajr. One can use this golden hour to either memorise or understand. One should also have time for contemplation and revision. A good way to revise is to write whatever you have learnt on a piece of paper during your free time. This will help train the brain on how to organise all the information collected and identify one's strengths and weaknesses.

Everyone is different when it comes to timetables. You should try out different schedules and pick the most suitable for you. There is nothing holding you back from choosing a better alternative to the ongoing schedule if you realise that it does not work for you; only the person himself knows what works for him.

Finally, you might fail to stick to the schedule every now and then, but that is okay as long as you are exerting the effort. You must also try to enjoy this effort.

# How to Perfect Your Schedule

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*Chapter Six*

The weekend is a very important time for the student of knowledge. Try to make the best out of these days by waking up early. Do not give excuses as other people do. Avoid oversleeping as people tend to delay things and be less efficient in the process.

Try your best to make your Dars with the Shaykh on the weekend. The weekend is like any other day for knowledge seekers. This is a day to seek knowledge despite having responsibilities.

One needs to understand the importance of this knowledge, and this time spent will be worth it in the long run. You have to plan all of these things after trying different approaches. You must also make sure to have a daily and weekly plan with the goals to be achieved.

Do not waste time on social media. Use that time to revise, contemplate, etc. There is so much to do, such as spending time with family. Hence wasting time should not even be an option. Along the same lines, you should stay away from the issues between different speakers and be preoccupied with your own knowledge seeking.

**“One should also listen to beneficial talks and use them as a source of motivation. Do not waste time on Sins as they ruin the entire plan; One Sin can take days or even months from your plan.”**

You should also try to apply whatever you study in your daily life and contemplate on what you have learnt.

Do not forget worship. The whole point of seeking knowledge is to obey Allāh [] and to perfect your worship. You cannot be a successful knowledge seeker if you are not a devout worshipper of Allāh[]. Allāh () is the one who gives you knowledge, so be sincere in your approach.

Everyone has their share of Dunya to take care of, as was the case with the companions. They used to listen to the Prophet () and provide for their families. Be Sincere and truthful. Once Allāh[] finds you sincere and truthful, he will make it easy for you.



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